

Lumpkin County Senior Center

Bring Water & Wear
Comfortable shoes



FITNESS CLASSES*

*Classes may be subject to a fee.
See Fee Schedule or ask any staff member for more information.

DAY	TIME	CLASS	INSTRUCTOR
Monday	9:30am – 10:15am	SilverSneakers Classic	John Palmer
	9:45am – 10:15am	Chair Exercise (downstairs)	Paula Walker
Tuesday	9:30 am – 10:15am	SilverSneakers Classic	Donna Stanfill or John Palmer
	9:30am – 10:15am	Chair Exercise (downstairs)	Paula Walker
	4:00pm - 5:00pm	Yoga Flow	Paula Bingham
Wednesday	9:30am – 10:15am	Chair Exercise (downstairs)	Paula Walker
	10:00am – 11:00am	Tai Chi for Arthritis	Angie Elmore
Thursday	9:30am – 10:30am	SilverSneakers CARDIO	Joan Souders
	9:30am – 10:15am	Chair Exercise (downstairs)	Paula Walker
	4:00pm - 5:00p	Yoga Flow	Paula Bingham
Friday	9:30am –10:15am	SilverSneakers Classic	John Palmer or Donna Stanfill
	9:30am – 10:15am	Chair Exercise (downstairs)	Paula Walker